

# Biblical Happiness

Psalm 1

Believer's Happiness comes from Biblical Holiness.

"Blessed" = "Oh the blessednesses of the man," "Happy, happy is the man," or "Oh how very happy is the man."

## I. The Characteristics of a Happy person (vv.1,2)

### A. Negatively, He is separated from the realm of wickedness.

God says that a man who would be a "happy, happy" man is one that avoids certain things in life.

#### 1. He does not believe like the ungodly.

He does not dwell on the thinking and ideas of the ungodly.

#### 2. He does not behave like sinners.

He doesn't like to stand in the presence of people who make it a point to sin.

#### 3. He does not belong to the scornful.

He doesn't delight in the company of those who scoff at religion.

### B. Positively, He has seriousness about the Word of God.

#### 1. The Word of God captures his full affection.

A biblically happy person separates himself *to* the Scriptures.

#### 2. The Word of God claims his full attention.

"The law of the Lord" is the daily bread of a happy believer. It is his source of existence.

## II. The Condition of a Happy Person: sustained (v.3)

The idea behind this verse is that a person who does the things in the preceding verses, will be sustained by God...thus he will become happy.

### A. His happiness is like a tree planted by the rivers of water.

We can take joy in the fact that as we separate from wickedness and as we are serious about the Word of God, we will become more and more like these "transplanted trees" that are sustained and cultivated by God.

### B. His happiness will bring forth fruit in due season.

If we delight in God's Word and are taught by it, we will bring forth spiritual fruit.

**C. His happiness will not wither.**

This speaks of a solid, sustained happiness.

**D. His happiness will bring complete prosperity.**

God promises to work everything out to the prosperity of a godly person.

**III. The Contrast of a Happy Person:** (vv.4,5)

**A. The Ungodly are likened to chaff.**

The wicked man's false happiness is quick and short lived.

**B. The Ungodly will fall when judgment comes.**

A happy life depends on a good conscience.

**C. The Ungodly will not be given benefits.**

"Short term pleasure = long term pain; Short term pain = long term pleasure."

**IV. The Conclusion of a Happy Person** (v.6)

**A. The knowledge of God is proclaimed.**

God is the ultimate orchestrator of all things.

**B. The righteous will prosper.**

When it says that "God knoweth the way of the righteous," it means that God knows the "Lifestyle, Desires, and Ultimate Destiny of the godly."

**C. The ungodly will perish.**

Not only will *they* perish, but their way will perish too.

***So What?***

Believer's Happiness comes from Biblical Holiness!